

## What is Peripheral Nerve Pain?

**Peripheral nerves are all of the nerves outside of the brain and spinal cord: the nerves in your arms and legs, in your face, and in your chest, abdomen and back.**

Whether caused by injury, surgery, or conditions such as diabetic neuropathy or shingles (post-herpetic neuropathy, PHN), damage to the peripheral nerves can lead to chronic pain that is difficult to diagnose and to find solutions to treat.

Our surgeons use cutting-edge treatments for pain caused by injury and/or compression of nerves.

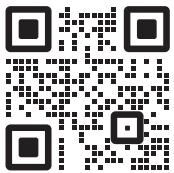
New techniques are now available to reduce or eliminate pain. Neuropax Clinic is one of only a handful of institutions offering surgery as an option for permanent relief.

Many causes of chronic pain can be successfully treated with minor surgery. Chronic pain after operations, accidents, trauma, and sports injuries that has not been relieved by first-line methods may be due to injury to peripheral nerves. Patients often visit multiple doctors and engage in physical therapy, take medications, have orthopedic treatments or spinal nerve blocks without significant relief. Medications often only reduce or mask the symptoms—unfortunately, patients with chronic pain from peripheral nerve injury rarely experience lasting relief from medications.

### How is Nerve Pain Diagnosed?

Diagnosing peripheral nerve injury as the cause for chronic pain is usually quite straightforward. Surgeons at Neuropax can localize the cause and recommend treatment often within one visit. The process includes:

- **A thorough patient history**—when the pain started, where it is located, potential causes, and prior medical care.
- **A focused physical examination**—to relate the pain to a particular nerve.
- **Nerve block**—a local anesthetic numbing of the nerve(s) to confirm:
  1. That the pain is due to an injured nerve.
  2. Which nerve(s) are involved.
  3. Where the injury is on the nerve.



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